

Hurdle Step

Teaching Points

- This activity is divided into three phases: the pre-jump, take-off and landing
- Run at speed prior to pre-jump
- At the point of pre-jump take arms slightly behind you with slightly Happy Cat back to gently arch as you push from your preferred take-off leg
- Keep low and fast as you move into the take-off phase with arms driving downwards and legs closed together showing a slight dish shape
- The take-off phase is two-footed, with balls of the feet making contact with the floor
- Bend your knees and as in the Pogo Jump explode out from the floor, driving your arms forwards and upwards to approximately shoulder height
- Landing is on two feet in a Puck or Frog Hop position with arms held parallel to the floor at shoulder height, knees bent to absorb the momentum

Questions

- Which Olympic event is this activity very similar to?



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Adapting the Activity

Enable

- Musical Hopscotch
- Use markers or chalk circles to help establish jumping pattern
- Encourage the learner to say the jump out loud

Challenge

- Run along a bench, one foot pre-jump from the bench and two foot take-off from the spring board to land two feet on a mat
- Perform different shapes in the air

Health, fitness and well-being

- Co-ordination*
- Control*

